

2011

ARTICLE: NEW YORK'S MOST DECADENT SPA TREATMENTS

New York's Most Decadent Spa Treatments

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November 08, 2011



Forget mortgage payments, student loans, and endless holiday shopping lists! At this time of year – when the weather leaves our skin parched, our feet sore, and our minds drained – we owe it to ourselves to indulge in a decadently over-the-top spa treatment. Check out these top options from New York City's best spas.

Mandarin Oriental

Consistently award-winning, the 14,500-square-foot Five Star spa at the Mandarin Oriental is located on the 35th floor with floor-to-ceiling windows overlooking the Hudson River. For those hoping to kindle a romance, the 650-square-foot VIP spa suite comes with dual massage beds, an elevated bath, a steam shower, and a fireplace (if that's not reason enough to find a mate before Valentine's Day...). As for facials, the Mandarin is famed for their customized Facial Collection treatments, which includes the new Opulent Rejuvenescence, a two-hour treatment being hailed as one of the most effective anti-aging facials in New York City. Better yet, for those that find themselves overwhelmed by lengthy spa menus, the spa has bespoke "Time Rituals;" Simply book time rather than specific treatments and then, over a foot massage, speak with a therapist to decide on the services that will best serve your needs. 80 Columbus Circle (mandarinoriental.com); 212-805-8849

The Peninsula New York

Feel tensions melt and blood pressure drop the instant you step away from the Fifth Avenue chaos and into the serene oasis that is The Peninsula New York's spa. One of the major draws here is the space; treatment rooms are roomy, candles and flowers are plentiful, and a delicately invigorating aroma permeates. Come early to take advantage of the changing rooms, which are equipped with an aromatherapy steam room and a sauna before laying down for one of the many seasonally-changing treatments. While retreats include ones tailored to brides-to-be and moms-to-be, it's hard to top the appeal of "Escape from the City," a retreat that includes a body wrap, a Swedish massage, an intensive facial, and a gourmet lunch. Trust that you won't want to leave this dimly lit sanctuary once time is up, so it's fitting that post-treatment, guests are invited to lounge in a relaxation room that comes complete with day beds, magazines, and some nibbles. *700 Fifth Ave* (peninsula.com; 212.956.2888)

Trump Soho

We all know that The Donald doesn't do anything low-key and his swanky new spa in the Trump Soho is no exception. Treatments may cost the equivalent to a one-way ticket to Turkey, but thoughts of dollars and cents will quickly dissipate as you make your way into the sunny 11,000 square foot space that comes complete with its very own tiled hamam. Fittingly, the spa's signature treatments are Moroccan/Turkish-themed bathing rituals that include either a head-to-toe scrub with a woven Kessa mitt and castile soap or a full-body exfoliation using crushed-black-olive soap followed by a heated Ghassoul clay body mask. Perhaps the best part about this spa however is that it recently signed on to be part of **bTreated**, making it one of the city's few luxury spas to offer their signature treatments at a discount price. *246 Spring St* (trumpsohohotel.com; 212-842-5500)



Hommage Atelier By Julien Farel

For the man looking for the ultimate pampering escape there's nothing to rival Hommage Atelier By Julien Farel. Designed exclusively with discerning men's needs in mind, signature treatments include Hand Grooming, which puts any corner salon's manicure to shame by targeting the effects of carpal tunnel (what Blackberry-using New Yorker doesn't suffer from it?), with lush hand, wrist, forearm, and nail treatments. Services are performed with clients seated in \$13,000 chairs flown in from Japan, all stylists and technicians are equipped with Hommage's impeccably crafted – and famously pricey – straight razors, shaving accoutrement, and professional skincare products, and each guest is greeted by a personal attendant to ensure that all needs – including a double shot espresso or a glass of single malt scotch – are met. Talk about Mad Men-worthy. *605 Madison Ave, Penthouse* (hommage.com/atelier; 212-752-2100)

Exhale Spa Midtown

For physically active New Yorkers (or those hopping to rev up their engines to become one), there's no better pampering spa than the one at Exhale. Whether you're looking for a traditional Swedish or deep tissue massage or something less commonplace like cupping or acupuncture, the highly trained staff (we're talking masters degrees here...), take a holistic approach to treatments by considering your lifestyle. Clients looking for more than a one-time fix, can get a serious body overall with one of Exhale's Healing Programs. Among the most notable is the Six Week Core Evaluation, which comes with six nutritional sessions, unlimited mind body classes, and discounts on spa and healing and retail purchases (take note brides-to-be!). Similarly the seven-day Herbal Cleanse is intended for those looking to do a colon cleanse for the first time and it includes nutrition wellness coaching, an Acu-organ detox, a fusion massage, and unlimited mind body classes. Could there be a better way to extent the high after Core Fusion Yoga? 150 Central Park South (exhalespa.com; 212-561-7400)